

Lesson Plan

Course Title

Career and Family Leadership

Lesson Title

"Let's Talk"

Practical Problem

What should be done about developing interpersonal communication?

References Used for this Lesson

Montgomery, Bette: *Career and Family Leadership*, University of Missouri-Columbia, 2002.
Instructional Materials Laboratory, University of Missouri-Columbia

Family, Career and Community Leaders of America, Reston, VA. "*STAR Events*", "*Power of One*", "*STOP the Violence*", "*Families First*", "*Career Connection*", "*Leaders at Work*", "*Dynamic Leadership*", "*Planning Process*", Reston, VA.

Alternative Assessment: A Family and Consumer Sciences Teacher's Tool Kit, Ohio State University, 1996. Vocational Instructional Materials Laboratory

Background Information for this Lesson

Career and Family Leadership, Content Module 3, pp. 89-92

External Alignment

Program Goal Addressed

(Use this area to identify how your program goal links to this lesson.)

Missouri Family and Consumer Sciences Competencies Addressed

C.6 Utilize FCCLA programs to develop positive interpersonal communication (Application)

Missouri Show-Me Goals/Standards Addressed

2.1 Plan and make written, oral and visual presentations for a variety of purposes and audiences

National Family and Consumer Sciences Standards Addressed

13.1.1 Examine processes for building and maintaining interpersonal relationships
13.3.4 Examine barriers to communication in family, work, and community settings

Internal Alignment

Course/Performance/Enabling Objectives(s) for Competency

1. Describe an example of interpersonal communication. (Application)
2. Explain how interpersonal communication builds relationships. (Comprehension)
3. Develop and implement a project to improve interpersonal communication skills. (Application)

Instructional Strategies

1. Describe an example of interpersonal communication. (Application)

Interpersonal communication helps to enhance and maintain a sense of self and develop and maintain relationships with others. Skills needed for interpersonal communication include assertiveness, sharing feelings, empathy, evaluating, interpreting, and listening.

Ask students to review the Fact Sheet # 1: "Interpersonal Communication Skills" p. 104, (*Career and Family Leadership*). From this list, identify the three most important skills needed within each of the following settings: family, school, work, and community.

Ask students to give an example of how each interpersonal communication skill would be used with in each setting. Example: Skill is: Using questions to obtain a more complete picture. Example for family: Dad, what time do I need to have the car home for you to get to work on time? (Communication)

2. Explain how interpersonal communication builds relationships. (Comprehension)

Make a list of people with whom you have ongoing in-depth relationships. Look over the list and classify the relationships into groups of people who have different ideas, experiences, interests, ages, abilities, gender, and cultural background. (Critical Thinking)

Questions for Discussion/Formative Assessment

1. *What critical thinking skills did you use to help you classify the relationships?*
2. *Which group has the most people in it? Why?*
3. *Which group has the least number of people in it? Why?*

Research interpersonal skills in books and on the Internet. Make a list of resources available to build interpersonal communication skills. Select three resources to read about interpersonal communication skills. Write a paragraph about each resource, sharing interpersonal communication tips and how they will help to build relationships. (Adapted from FCCLA *Dynamic Leadership*, p. 51) (Technology, Communication)

Questions for Discussion/Formative Assessment

1. *How would using these interpersonal communication tips help you to build better relationships in the groups above? In the group with the least number of people in it?*
2. *How can you use the tips that you have identified?*
3. *How can you share the tips with others?*
4. *How was technology a benefit in locating resources?*
5. *What elements of communication did you use in writing the paragraphs?*

3. Develop and implement a project to improve interpersonal communication skills. (Application)

Use the FCCLA "Planning Process" to develop a project to improve your interpersonal communication skills. Select a project from one of these FCCLA ideas:

- *Dynamic Leadership*, pp. 49, 6, 115
- *Leaders At Work*, pp. 17,19, 21,23, 51, 55, 57 or CD ROM
- *Career Connection*, pp. 80-85 or CD ROM
- *Power of One*, p. 11
- *STOP the Violence*, CD ROM
- *Families First*, CD ROM

(Problem Solving, Critical Thinking, Leadership)

Questions for Discussion/Formative Assessment

1. *What is the main theme for each of the FCCLA project ideas?*
2. *How did you use critical thinking to help you identify the main theme for the project ideas?*
3. *How did you use problem solving to help identify your project and to complete the FCCLA planning process?*
4. *How did planning this project help to improve your interpersonal communication?*
5. *How would putting your project in action help you to improve your interpersonal communication? /Leadership?*

Carry out the FCCLA project developed using the FCCLA “Planning Process”. Develop a product such as a brochure, videotape, and a graphic organizer, or participate in the FCCLA STAR Event, Interpersonal Communication, to share the results of your project. Include information about how you used the tips in your three paragraphs as part of your results. Use *Alternative Assessments*, brochure, p. 109; videotape, p. 111; graphic organizers, p. 67-73 or the FCCLA STAR Events, Interpersonal Communication Score Sheet to evaluate the products. (Communication, Leadership, Technology)

Questions for Discussion/Formative Assessment

1. *What technology did you use to help communicate your project results?*
2. *In what ways does your product communicate the results of your project?*
3. *How did utilizing the FCCLA programs help to develop positive interpersonal communication?*
4. *What leadership skills did you use in carrying out and sharing results of your project?*

Assessments

Paper/Pencil:

1. Give an example of how to communicate interpersonal skills in a list of situations. (Application)
2. Write a paragraph about three of the resources you researched in Instructional Strategy #2. (Three paragraphs total). Share interpersonal communication tips with the class and explain how they will help to build relationships. (Comprehension)

Classroom Experience:

1. During class discussion, give examples of how each interpersonal communication skill would be used in family, school, work, and community settings. (Application, Communication)
2. Use the FCCLA “Planning Process” to develop a project to improve interpersonal communication skills. (Application, Leadership, Critical Thinking, Communication)

Application to Real Life:

1. Develop a product (a brochure, a videotape, a graphic organizer, or participate in the FCCLA STAR Event, Interpersonal Communication) to share the results of the FCCLA Project you implemented in Instructional Strategy #3. Include information as to how you used the tips in your three paragraphs developed in Instructional Strategy #2 as part of your results. Use *Alternative Assessments*: Brochure, p. 109, Videotape, p. 111, Graphic Organizers, p. 67-73, or the FCCLA STAR Events, Interpersonal Communication Score Sheet to evaluate the products. (Application, Leadership, Communication)